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A manufacturing method of the grip rubber for the exercise device, mainly by first adding the PU resin to the DMF solvent for diluting, then by adding and mixing with the mildewproof, the antibacterial and aromatic agents, wherein the mildewproof and the antibacterial agents is a chemical solvent shown as:

then the mixed substance will be spread onto the non-woven fabrics and fastened to the handle portion of the exercise device; finally, the grip rubber will be immersed in the water to allow the PU resin to freeze and mold; or the molded grip rubber can be immersed in the mixed liquid of the mildewproof, the antibacterial and the aromatic agents to absorb the mildewproof, the antibacterial and the aromatic agents; therefore, the mildewproof, the antibacterial and the aromatic agents can combine with the grip rubber to make it have the effect of being mildewproof, antibacterial and eliminating the odor.